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181 186 823 and strangely moved. Not only the majestic view affected her but the knowledge that this same sea had carried off to America many relatives, only a few of whom had returned. To her the actual sight of the sea meant a new horizon; it gave her peasant world a new dimension.

796 823 For the islanders the biggest celebration of the year is Epiphany (January 6) when all of the families go down to the sea to participate in "the blessing of the water." The cross is thrown into the sea and boys dive for it, the lucky one obtaining it receiving a gift of money and considering himself fortunate for the coming year. This ceremony represents the baptism of Christ, but its performance — the contact of the cross with the water — supposedly gives the water dipped up at the ceremony a special efficacy in healing sickness. It is treasured holy water. Ethnologists tell us that this blessing of the sea dates from pre-Christian times, another indication of the hold of the sea on these island dwellers. It is still an island habit, when there are big storms at sea, to sweep the church and throw the sweepings into the sea to calm it; or the people may take oil from the lamp in the church and spread it on the water, begging the sea to quiet down.

[755 778] [789]

823 776 539 The sea, like the mountains, has its own folklore. One of the most persistent beliefs among seamen is the presence in the deep of the sister of Alexander the Great, the Gorgon, often called the spirit of the sea.[17] This legend is beautifully told by Elias Venezis, one of Greece's outstanding writers, in his novel *Aeolia*:

> Once upon a time in the land of Greece there lived a young king, Alexander the Great. He had a sister called Gorgona. Alexander the Great traveled to distant lands, crossing many mountains and seas, and when he returned he brought back with him the water of immortality. He would have drunk it when his hour of death came, and he would never have died. He would have conquered all the strongholds of the world, and would have reigned forever. But he was not quick enough. His sister saw the water of immortality and, without knowing what it was, drank it. Then Alexander the Great was filled with rage and seized her by the hair and threw her into the sea. Ever since then the Gorgon lives in the sea. Her eyes are very round and she has snakes in her hair. Her arms are of bronze and there are golden wings on her shoulders. From her waist down she is a fish, and she is queen of all the other fish in the sea. She keeps alive the memory of the great king her brother who died when he was young and she always asks seafaring men she meets on her journeys:
>
> "Is Alexander the Great still alive?"
>
> "He is alive, and he reigns," they answer her.
>
> When she hears this, the Gorgon is filled with joy and orders the waves to let the caique pass. But if any seaman does not know this, and tells her that the king is dead, then he has nothing to hope for. The Gorgon raises a typhoon and seizes him and his caique and its crew and drags them down with her. Then she rises high onto the waves again to find another sailor who can reassure her that her brother is living, and that Alexander the Great has never died. . . .[18]

[795 542]

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844 difficult. More and more, expectant mothers are going to the provincial
[178] hospitals, but even there a family atmosphere seems to reign because family
[743] members are welcome in the patient's room. In rural Greece, as elsewhere, there are many measures which can be taken supposedly to ease the agony of childbirth. They vary from the practice in the village of Derikovo in Central Greece, where some of the women advise the one in labor to drink a glass of water into which the tail of her eldest brother's coat has been dipped, to the practice in Southern Greece of drinking water from a glass where a budding flower was placed to the accompaniment of the reading of gospel passages. When the flower has opened, the water will supposedly ease the labor pains.

[755]

846 The Greeks have a special word for the mother of a newborn infant — *lecho* — and give her solicitous treatment. The husband may insist that she observe the traditional eight days of staying in bed, although if there is much work to be done around the farm, she may in turn insist upon resuming various tasks as soon as she feels able. The other women of the household, or the neighbors, see to it that she observes many of the customs surrounding her activities and the care of the newborn infant. At night the
[776] child's clothes cannot be left outside, for it is believed that evil spirits will soil them. Throughout most of Greece the child's nails and hair are not cut
[856] before it is forty days old, when the clippings must be put in an envelope and preserved. In Aetolia anyone coming into the house must not go directly to see the lecho. He must sit for some time in another room and then
[777] enter her room; otherwise he brings her bad luck. Some families also insist that before a visitor enters the house, a burning charcoal be thrown on the doorstep for the newcomer to step over. In Artotina one is not supposed to enter the room of the mother in the afternoon or evening, although this taboo covers only the time after sunset in many other parts of Greece. Everywhere in rural Greece one encounters these customs surrounding the mother in the postnatal period and prohibitions which seek to forestall the visitation of any misfortune upon the infant.

844 In some parts of Central Greece as soon as a woman has given birth, she
788 must "take the blessing." Someone from the house takes a jug of fresh water to the priest, who "reads" to the water, which is then taken back to the lecho. She takes the blessing (water) and washes herself, after which all the people who were present in the house at the time of the birth also take the blessing.

851 As long as the child remains unbaptized, it is thought to grow more
856 quickly and is not subject to the Evil Eye because it still belongs to the bad
754 spirits. However, as one informant stated, "The parents are afraid and want to baptize the child as quickly as possible so that they can put it on the path
[778] of God. As long as it is unbaptized, it is not allowed to wear the cross or have a little icon." [8]

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have not reached. They also help in the gathering of olives, grapes, and many other products requiring patient labor.

The woman is increasingly being viewed today as a supplementary source of labor in the fields, to be employed only when the need is urgent, although regional variations are still important. When she does go to the field, she may take the baby and the small children along and care for them as she works. Various explanations are offered for this lightening of field labor by women. Today, more of the village women have seen how the city women live and have resolved to put city ways into practice in their homes and villages. Furthermore, men seem to be showing more interest in their farms due to the help the government is giving in providing fruit trees, opening up of farm-to-market roads, and helping the peasant participate more actively in the national economy. Agricultural and home-economics extension workers, who now visit the majority of villages, not only tell the men that it is their job to do the field work, but they also show the men better methods for reducing the work load. Where tractors exist, the woman is relieved of much field work and can occupy herself with other tasks. She works more on her loom, takes care of her children, and cleans her house. She also has more time for gardening on a plot fairly close to the house. One recognizes the need for this in a place such as Ioannina (Epirus) where peasants in the outlying villages, with plenty of land near their house, buy at the city market vegetables which they could have grown at home if the women had had sufficient time.

Keeping the Family Well

Work, however, is not the only responsibility of a Greek housewife. Any ailing person becomes the immediate concern of the mother or the mother-in-law, with the older woman usually considered wiser in the mysteries of folk medicine. The patient also becomes the concern of the neighbors for, as one man put it, "when somebody gets sick, everybody goes to visit him and to look after him." For quite understandable reasons, the living standards of rural Greece are far below those found in Athens or in most countries of the West. Consequently, health practices, many of them surrounded with superstitions, are the outgrowth of the experience of people who for centuries have faced pain, illness, and death without the benefits of the accumulated medical discoveries of the modern world.

Indeed, for much illness the peasant has a supernatural rather than a scientific explanation. As one writer has put it:

> The whole of popular medicine is based upon the knowledge of charms and incantations. Many simples and drugs are of course known and employed; but it is still generally believed, as it was in the old time, that "there would be no good in the herb without the incantation." For the most ordinary diseases are

1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1

753 776 credited to supernatural causes, and there is no ill to which flesh is heir, — from a headache to the plague, — without some demon responsible for it. A nightmare and the sense of physical oppression which often accompanies it are not traced to so vulgar a cause as a heavy supper, but are dignified as the work of a malicious being named *Vrachnas*, who in the dead of night delights to seat himself on the chest of some sleeper, and by his weight produces an unpleasant feeling of congestion. . . .[13]

● 755 759 [793] For cures, then, one turns not only to the doctor but at times to the priest, who will come and read from "the holy books," or even more frequently to the village wise women, who understand what herbs to use and the particular charms appropriate to every occasion. These wise women usually keep their activities secret from the priest. Many remedies which seem fantastic, such as curing boils by putting pus from them on a piece of bread and giving it to a dog to eat, make sense to the peasant. One symbolically and supernaturally transfers the illness from the patient to some other host, susceptible or immune as the case may be.

755 [868] A mother will pass on her knowledge of folk medicine to her daughters, although they will often seek the help of some wise woman particularly skilled in caring for the sick. In order to learn more about the ordinary 755 757 [184] folk remedies, we compared a list drawn up by D. Loukopoulos for Aetolia, a district in Central Greece, with those cures believed in by Chrysoula, a wise woman on the island of Spetsai, just off the Peloponnesos.[14] As was expected, the prescriptions did not tally on all points, but their general purpose and approach were much the same.

To cure malaria:

Wash a cup out, give patient holy water on an empty stomach without letting the patient know what he is drinking. After he drinks this once or twice at dawn he'll feel much better. (Aetolia)

To cure stomach ache:

Boil powdered acorn caps in one hundred drams of water, add clove and four pieces or *rigane* (wild origan). When it has been boiled down to size of an ouzo (brandy) cup, strain it and add some rum. When the sick man drinks it, all pains will ease. (Aetolia)

Boil the stem of the poppy plant and give the brew to patient to drink. (Spetsai)

755 793 *To cure insanity:*

Insanity cannot be cured with medicines. The priest reads to the insane person out of the Four Gospels, then may take him to a monastery. If he does not get better, he is tied (often chained) to the ring in the tiling of the church floor. (Aetolia)

[789] The priest exorcises the demon by using the ritual of St. Basil the Great, or some sacred relic may be taken to the insane person in the hope of driving away the demon. The patient is not taken to the monastery. (Spetsai)

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755 ●

To cure terrific abdominal pains, or "twisting the navel":

The constant pains and vomiting are said to be due to the untwisting of the navel. If the patient is to recover, his navel must be retwisted. Only a few people know how to do this. The one effecting the cure presses the navel with the index finger of his right hand, holds it firmly and starts walking around the patient. As he turns around he halts — at the head, at the feet, and at each side. He goes around like this seven or eight times and the patient recovers. (Aetolia and Arcadia) [753] [826]

Only special women can do this. The one who helps puts a rag around her finger, twists the navel several times until she feels it catch. Then she withdraws her finger and puts a compress on the navel. This compress is composed of blue paper into which some incense melted in *mastica* has been placed. (Spetsai)

Even though some of these practices are restricted to particular regions of Greece, and are carried out by only a few people in a given village, they do constitute a folk approach to healing. But there is one important belief, general throughout Greece, which is associated with illness: the Evil Eye. In one family, in a village near the town of Thebes, some of the members wore amulets which the priest had blessed and into which communion bread had been sewed. Elsewhere in Greece I saw amulets containing splinters of holy wood or earth from Jerusalem, worn around the neck. The women in explaining the Evil Eye said that one cannot always tell who casts the Evil Eye, but that there are some people in the village suspected of doing this and that they are to be avoided or else watched carefully. 751 754 [753]

If a child is believed to be under the spell (that is, shivers and does not feel well), the person suspected can be brought before the child and asked to spit three times to get rid of the curse, or the child can be taken to the priest who reads a blessing. Perhaps the cure thought most efficacious is a secret formula which an older woman passes on to a younger one with the instructions that it is never to be improperly revealed. Not all village women know the formula but only those who have been particularly selected by the wise women, or an older relative, for this purpose. In this village home, the women after much whispered discussion, decided details of the formula would do no harm since we were outsiders and would be leaving soon. Here are the basic elements: 755 [753] [793] [124]

Christ and the Virgin Mary
Passed through a crossroad;
They spread their golden apron
And ate. Crumbs fell on the apron.
They took those crumbs
And tossed them into the sea.
The sea waters were stirred up
And man was cured.

1:Sanders Z-5,4 (1952-1959) 1962 EH1 Greece EH1

● 755 But again we asked, "How can you be sure that the Evil Eye is the cause of the trouble?" "One can be sure," we were told, "if you take a pan of cold water to a high place, break an egg into it, and notice whether the egg cakes or not. If it does, the child has the Evil Eye but will get well. Or one can drop the coals from the wood of a thorn tree into the pan and, if the coals turn over, one knows that the evil will turn over and the boy will get well. We then sprinkle the water from this pan onto the child." This is one time when the incantation is surely used.

Chrysoula, a wise woman of Spetsai, gave me further information about the Evil Eye that was similar in essentials but differed in details. She said [753] that when her young granddaughter comes back from a walk and is restless and nervous, it is clear that an Evil Eye has been cast, in which case one must test to be sure. To do this, Chrysoula takes the *kanteli* (little oil lamp) from the household shrine and gets a glass of water. She picks up the child, makes the sign of the cross over her three times and then crosses the water three times. After that she dips her fingers into the kanteli and lets one, two, or three drops of oil fall into the glass of water. If the oil spreads or mixes with the water, the child has the Evil Eye; if the drops remain as oil drops and do not mix, then the child is not suffering from the spell. Should it be the Evil Eye, one crosses the child with the water on the lips or forehead and whispers words from the gospel or gives special prayers. [124] But unlike our informants in the village near Thebes, Chrysoula refused to tell us the text of the special prayer because she said she would lose her power; she did say, however, that if she were away from her village she could repeat it. Yet she was ready to fill in many other details.

754 To find out who cast the Evil Eye in a particular case, according to 755 Chrysoula, one gives cloves to three suspected persons with the request that each in turn toss them into the fire. The one whose cloves pop is the one who cast the Evil Eye. There is another way: one can drop three pieces of charcoal into a glass of water, and if any piece floats then the person represented by that piece of charcoal, whether present or not, is said to have cast the Evil Eye. The same procedure was commonly used in Aetolia.

[826] There are also other ways of knowing. People whose eyebrows meet together or those with green eyes can cast an Evil Eye. Even a mother, if she does not take proper precautions, can cast the spell on her own child. Chry- [751] soula told about a relation of hers who looked at her sleeping baby and [827] said, "my, what a nice baby you are!" and failed to spit on it as a guard against the Evil Eye. Four hours later the child spit up some froth and died. A person who learns that he has cast the Evil Eye, and this is often done quite unintentionally, can undo the spell by spitting three times on the neck of the person suffering if he spits without the sick person's knowledge.

869 The children of the home, whether supposed victims or not, cannot help
751
152

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The second, third, and fourth of January are ordinary working days, but on January 5 people expect a half-day off since it is Epiphany Eve, at which time children also sing the kalenda about the baptism of "the child of God." There is a five o'clock service in the morning at which occurs the first blessing of the waters. Those in attendance have brought jugs or cups for the blessed water which they take home to use in curing the sick or preventing the Evil Eye during the year. But on Epiphany itself occurs the most spectacular second blessing of the water, done in front of everybody at the church or near some body of water into which the cross is thrown. Swimmers are ready to dive in after it and struggle for its possession. The one who succeeds in gaining it is not only assured of good luck during the year but he can pass throughout the crowd and even the community to collect money from those solicited.

On Epiphany the priest visits the homes of the parish to bless each room by sprinkling holy water there, thus guaranteeing that all kallikantzari[1] have been exorcised and chased back to their lairs beneath the earth until the next Twelve Days comes around.

Easter brings with it a wealth of customs, a blend of the pagan and the Christian, which are lightened by the coming of spring and the renewal of nature. Although they are "all of a piece" in the peasant mind, they can be best understood by the outsider in terms of Carnival, Lent, and Holy Week.

Carnival begins nine weeks before Easter and runs for three weeks. The second week is climaxed by Meat Sunday and the third week by Cheese Sunday. This is the time for weddings which otherwise could not take place until after Easter; this is the time for masquerades, although these are less pronounced in the villages than in the cities; this is also the time when family groups get together for little feasts before the Great Fast starts forty days before Easter. The last two Saturdays of Carnival and the first Saturday of Lent are *psychosabbata,* or memorial days for the dead. On the Thursday of the middle week of Carnival, members of the family, bringing their own food with them, gather in the home of the eldest relative to have a special meal, and on this occasion they allow some dish to scorch on the stove and smell up the house in the belief that this will bring good luck. This day is called *tsichnopempti,* since *tsichna* stands for the odor of burning flesh.

Meat Sunday is the eighth one before Easter (the villagers count Easter as one of the Sundays). On this day the people are supposed to start doing without meat products for the Lenten period. On the following Sunday, called Cheese Sunday, the forbidden foods are broadened to include milk products as well. This latter holiday is especially colorful in many parts of Greece, for on this day the village boys prepare piles of wood on various heights to be lit after dark. This is also the day for visiting older relatives

[1] [These are bad spirits – ANALYST]

/65 cont./

Medical care. The only village in the area that has the best medical service is Megali Vrisi. The efforts of the nurse and the doctor slowly are gaining ground and more and more the people follow their principles of caring for the sick. The newly-erected hospital in the nearby city of Kilkis provides care for the inhabitants of the area free of charge. If the patient is very sick he usually is taken there, where he can find specialized doctors. 758 759 [178] [743]

The construction of the living houses is so poorly done in the village that the care of the sick under such conditions is hard. The windows are small and the mud floor with severe cold winds of the winter and no proper fuel to warm the house makes it harder yet to care for the sick. 758 362

The mutual assistance of relatives in sickness as well as of neighbors is great. People at times of /66/ great difficulties help each other, not only through labor but by giving each other food and even money. Especially is this characteristic of this people to share alike each other's burdens and partake actively in their grief and sorrow. 758 476 621

The Faith Healer. People of experience and cleverness perform certain magical performances that convince the people of their ability to command the spirits. Most of the inhabitants of Megali Vrisi believe them and spend money and time to visit them. People suffering from chronic diseases, or if born with defects of the body, or if unable to bear any child, find as the answer to their discouraged condition the faith healers. 755 [842]

Some Saints who perform miracles for donating to them; a lamb, a hen, a goat, or a cow, may, in return, act favorably for the patient. Priests praying for the sick or for the crippled are not uncommon. On special holidays, certain churches fill up with such sick and crippled people. Some sleep in the church for weeks without food and pray continuously to the Saint. Stories circulate that some one saw the Saint riding on the horse, are very common. Sometimes these saints actually do heal indirectly local pains, even of the partly crippled. Even doctors 755 782 776 [793] [787]

/66 cont./ 782
are so affected by the circulating stories that they send their [755]
patients to /67/ the Saints as their last resort. [776]
[778]
Crosses and certain signs are carried by strong believers. [751]
The evil eye is strongly believed in and special written prayers [754]
wrapped up in waterproof cloth hang around their necks.

Cleanliness is an asset of the Caucasians and they take weekly 515
baths and change their clothes. The Thracians, who live more 184
the primitive type of life, never bathe their bodies but only their [851]
heads. They still believe that the holy oil which the priest put [178]
on them at their baptism is on their body and bathing may wash [164]
it away. The influence of this belief is less among the younger
generation and in the near future it may disappear. One would
naturally expect more disease and sickness among the filthy
Thracians, but just the opposite is proved by the figures of a survey. [165]
These people do not cooperate so strongly with the doctor and
the nurse and still they have the healthiest children, the least
disease and the lowest death rate. The diet of the Thracians is 262
poorer than that of the Caucasians. They seldom cook and eat
mostly raw vegetables, poorly-baked whole wheat bread, but more
/68/ dairy products, such as cheese, milk, and sour milk
(yoghourt).

Their clothing is made out of wool. Men, women, and 291
children, even in the hot summers, wear woolen clothes.

Washing the teeth is unknown among these people, except 515
among those who have had a chance to go to high school or worked [369]
in cities. There was one dentist in the nearby city and the area 759
and the city included had a population of 130,000. He could not
make his living in this population and was planning to move to a
larger city and visit the area once a week.

People often think it is a crazy idea to put tooth paste in the 164
mouth and shine the teeth. Their diet of vegetables, and black [515]
whole wheat bread keeps the teeth shining and healthy. This does [752]
not mean that there are no people with bad teeth, but they are [759]
very scarce and the local experienced dentists do the job without
reward

/79 cont./

of the Saints and Christ that made them often take extremely dangerous steps against their conquerors. The leaders of the churches became victims of the cruelty, but at last these very same persecuted priests started the revolt and gave freedom to the Greek people. Thus religion is a part of our nationalism, it is a part of our freedom and a part of our struggle for existence. I do not think any Christian people have undergone the test for Christianity that the Greek people did. If one goes back deep into the causes of the present Greek stubbornness in resisting the impossible and standing by their promise up to the end to help England, we will find it again in their religion.

As long as people live in the religion they have developed throughout centuries they cannot be conquered.

Faith in time of trouble. For every trouble there is a remedy and there is some source that will come to aid. Long dry seasons often lead the people to /80/ all day and night prayers to Saint Ilias for rain. When members of the family get sick, the priest offers prayer. The people strongly believe in the mercifulness and forgiveness of God. All occurrences, good or bad, come from God and He rewards and punishes people according to their deeds. Possibly for people who are not contaminated with the explanation that science gives to many phenomena, it is better for them to have blind faith and hope for the solution of their troubles.

The church. The church occupies the central part of the village and has a large yard around it. Its steeple is wooden and temporarily keeps the bells that call the people to the morning and evening church services. The bells also serve for a fire alarm as well as school time for the children. When the people left their countries they left behind livestock, furniture, and many valuable things, but they succeeded in bringing with them the ikons and the church bells. Some of the ikons date back to the 16th century. The lower parts of the ikons are worn out from the kisses received in the church. The people have great pride in their church and in the power of their ikons to perform miracles. Regardless of

he worships her like the Virgin. A derisive Dodecanese anti-Mussolini song, composed during Italian occupation, makes casual reference to God and the beloved Virgin of the Island.

HEALTH

The stock phrase for beginning a Greek letter is "We have health and health we wish for you." A frequent form of greeting and good-bye is "Health to you", and this is also said to anyone who sneezes. Anyone wearing a new article of clothing is greeted with the wish that he wear it with health. The question "How are you? Are you well?" asked upon a meeting with someone, are real questions, requiring an answer. Health is good and important, it is desired, but it is not a preoccupation. The wish for health is not a sanction; one of the child care manuals uses this sanction in urging mothers not to let their young children play with the neighbourhood children for fear of contracting infections, but the other urges the mothers not to worry about microbes, since association with others is of primary importance. In general, however, health is not a motivation in nutrition, recreation, or housing. And human relations are definitely more important. It is terrible to send a member of the family to the hospital unless, of course, it is necessary for an operation. Because of this attitude, tuberculosis often spreads through the family, since very often not even the barrier of self-protection will be introduced between the ailing and the well. Added to this is the fear that, if tuberculosis is known to be in the family, it will be hard to get a son-in-law. However, if an operation is required, a woman will go alone from a village to a hospital in Athens. There is no rejection by her family involved here; in addition, the pattern of fortitude is evoked.

In general, people do not go to a doctor unless something is very wrong. They do not go for a general check-up, although the habit of going to maternal and well-baby clinics is gaining ground. If anyone is unwell, home remedies are first resorted to, and probably the wise woman who knows about herbs is called in. The manuals on child care have long sections, covering about a third of the book, on home care and the diagnosis of disease; and they urge the use of traditional remedies: cupping, the use of camomile and other herbs. When a serious illness is recognized, the doctor is called and vows are made to the Virgin or the appropriate Saint; a mother may vow a foot pilgrimage, or 40 daily obeisances over a period of time, or the gilding of the hands of an ikon. Much illness arises from the evil eye or magic spells, and can be counteracted by magical practices.

The tuberculosis division of the UNRRA mission to Greece reports the impression that there was only one half the amount of tubercu-